

YOUR CREATION

1. What did you use for your **acid**?
2. What did you use for your **emulsifier**?
3. What did you use for your herbs/other **flavourings**?
4. Come up with a creative name for your salad dressing!
5. So...how does it taste? Good? Bad? In between?
6. What would you change next time?

WHERE DO I STORE DRESSING AND FOR HOW LONG?

Put your dressing in the fridge within 2 hours of making and then use it up **within the next 3 days**.
It is easiest to make and store your creations in glass jars!

Make Your Own Salad Dressing Using Canola Oil!

STUDENT ACTIVITY BOOKLET

Before making your salad dressing with your class or at home, use the [Canola Eat Well infographic](#) inside this booklet to answer the following questions:

LET'S REVIEW THE BASICS

1. What is the ratio for salad dressing?
2. What is an acid? List **two** examples.
3. What is an emulsifier? List **two** examples.
4. What are some different fresh herbs you could use to add flavour to your dressing?

WHY IS IT IMPORTANT TO EAT VEGGIES WITH A DRESSING?

Vitamins A, D, E & K are fat soluble. This means that for our body to best absorb these nutritious vitamins, they need to be consumed with a bit of fat.

That's why eating a bit of homemade dip or dressing that contains canola oil is important. It helps your body to get the maximum nutrition from what you are eating.

SALAD DRESSING 101

MIX N' MATCH TO
MAKE YOUR OWN
VINAIGRETTE

CANOLA OIL

Canola's neutral flavour allows delicious ingredients to shine. Canola oil is a healthy choice and no matter the brand, when you buy canola oil, you are buying Canadian.

ACID

Get creative. Any type of vinegar or citrus can be used.

EMULSIFIER

Vinegar and oil don't mix, that's why you need something to keep them together. Mustard or honey make an excellent choice.

Canola!
EAT WELL FOR LIFE

#CANADIANCANOLA

@CanolaEatWell



Scan here to watch the step-by-step video

DIY SALAD DRESSING
RECIPE VIDEO



CANOLA OIL



APPLE CIDER VINEGAR



BALSAMIC VINEGAR



RED WINE VINEGAR



HONEY



Dijon Mustard



Whole Grain Mustard



Yellow Mustard



WHITE WINE VINEGAR

DID YOU KNOW?

Lemon juice can be used in salad dressing instead of vinegar!



Try it with lemons!

CELEBRATE CANADIAN INGREDIENTS!



Garlic



Ground Mustard



Salt



Pepper



Parsley



Shallot



Basil



Tarragon

EXPERT TIP:
Use herbs and spices to add even more flavour to your salad dressing. Basil, oregano, and rosemary are great options!

DIY SALAD DRESSING

BASIC RECIPE

- 2 Tbsp canola oil
- 1 Tbsp acid
- 1 Tbsp emulsifier
- 1 tsp - 1 Tbsp seasonings (optional)